

Guidelines for Eating in the Galley/Mess Hall

1. Breakfast – choose unsweetened cereal and milk or eggs and toast. Do not choose more than one meat item. Be careful with syrups and butter. If you eat eggs, choose just one egg serving and fill in with toast or cereal. The galley offers Egg Beaters daily upon request.
2. Beverages – Black coffee or tea, diet sodas, and water are all calorie free. Choose low fat/skim milk if available. Reduce your intake of sweetened fruit drinks (bug juices), soft drinks, and fruit juices. Use extra ice in your glass or smaller glasses for higher calorie beverages.
3. Be careful at the salad bar. Opt for the fresh vegetables. Avoid gelatin and mayonnaise-type salads. Shredded cheeses, avocado, bacon bits, seeds, nuts, croutons can add up quickly so use them sparingly.
4. Use diet dressing on your salad. If none is available, use French, Italian or Balsamic vinegar, as they are lower in calories than thick creamy dressings. However, don't have more salad dressing than you need. Remember dressing is for added taste, but not to smother the taste of the salad.
5. If you choose a sandwich, pick bread rather than large buns. Hold the mayonnaise and/or salad dressings, and try mustard instead. Choose turkey and roast beef over lunchmeat if available.
6. Soups can accompany salads, but remember that creamy soups and thick stews will provide many more calories than broth based soups (chicken noodle). If you choose Navy bean Soup and cornbread, then have a salad and fruit instead of baked goods for dessert.
7. Consider asking the server to leave off the gravy or sauce.
8. Balance your meal. Most casserole items contain a starch serving. Choose a lower calorie or unbuttered vegetable as a side dish.
9. Select a non-fried entrée, vegetable, and potato or bread if available. If meat is breaded or chicken has crispy skin, take off the breading and discard it. Ask for smaller portions, and refuse second helpings.
10. Use very little or no butter/margarine on breads and vegetables. Use little honey/syrup on breakfast items. Don't use large amounts of peanut butter and jam/jelly. The Japanese word for little is "sukoshi".
11. Desserts – choose fruits, low fat yogurt, or very small portions of desserts and baked goods. Avoid pastries and doughnuts at breakfast.
12. Eating behaviors – Eat 3 meals at regular meal times daily. Do not skip a meal. Eat slowly since it will help you to feel more satisfied with smaller food quantities and eat less than those who eat fast. Control emotional eating. Don't reach for food as an outlet to make you content or relaxed. Food is not the answer. Eat out of feelings of physical hunger. Be aware of the social influences that affect your eating behavior. These situations can encourage you to over-eat.
13. Snacks – Avoid snacks, unless pre-planned and healthy.